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EXPLORING TOGETHER INTRODUCING—THE TIMEOUT PROJECT

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An old axiom holds that the easiest way by far to affect any culture is to respond to a widespread need. Such a need can be found in the daily process that we identify as sleep. It consumes one-third of human existence, an area about which little is known, little or no conscious control is exercised, and of which little use is made other than the obvious.

It is to this vital need that the *TIMEOUT* Project is addressed: sleep, the periods when we take “timeout” from the physical world.

In the United States alone, there are over 30,000,000 humans who are classified as insomniacs—those who need some form of prescription medication in order to sleep. Another 40,000,000 use over-the-counter drugs and other means to obtain the sleep state. Appropriately, this prime target base of 70,000,000 must be expanded by an estimated 130,000,000 others outside the United States who express similar needs.

The *TIMEOUT* Project does not attempt to replace services performed by the many sleep-disorder clinics now in operation. It does not deal with sleep problems due to various physiological dysfunctions. It does provide new, noninvasive tools that are designed to assist greatly in such cases where psychological factors disturb the sleep process. It is a learning system rather than a method of treatment.

TIMEOUT is the sum of over thirty years of innovative testing and research by The Monroe Institute and Interstate Industries, Inc. to provide a more effective system of control and use of the sleep state.

The *TIMEOUT* Project will provide such a system. This will be achieved through the wide dissemination of the methods and techniques developed and now in distribution by the Institute and Interstate Industries. Such methods and techniques use specific patterns of sound that are noninvasive yet induce and maintain all stages of sleep and wakefulness.

SUMMARY

The Project has the potential to alter constructively and completely the lives of every living human. It is the first attempt in the current scientific era to approach broadly these factors regarding sleep:

- The ability to sleep when and as needed or desired without regard to environment or ambiance.
- Increased vitality through optimum use of sleep periods.
- Better performance in the workplace and other daily life activities as a result of restful sleep.
- The ability to adjust sleep periods in accordance with daily routine, such as in jet lag and work shifts.
- The opportunity for accelerated recuperation from illness or injury through restorative sleep.
- Stress-tension reduction through greater use of sleep-relaxation modes.
- Freedom from strong sleep dependency by conscious control of the sleep process.
- Learning to “catnap,” self-induced periods of sleep as short as five minutes, with mind-clearing results.
- Problem-solving during sleep, using the whole brain functioning process available only during the sleep process, including intuition.
- Acquisition of information of various types at all levels of awareness during sleep that may have significant value in waking life activity.
- The ability to awaken easily and quickly, with immediate, full physical and mental alertness.

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